BREAKFAST MENU



\$4 Granola, yogurt, seasonal fruit compote

House-made granola with organic yogurt and local seasonal compote

\$3 Breakfast sandwich

Eggs cooked at 63°C, tender whites and custard yolks, cheddar cheese, tomato slices on warm pita bread (slightly larger than an english muffin)

\$3 Oatmeal

Cooked daily from thick rolled oats with a touch of cinnamon, nutmeg and brown sugar

\$2 Muffins

Just out of the oven, served with local preserves

\$2 Popovers

Slightly crunchy on the outside, light, airy, eggy on the inside, served with house preserves

- \$4 Paily squeezed orange juice
- \$2 Coffee (Barrington Coffee Roasters single-cup drip)
- **Tea** (From MEM's imports of Sommerville, Assam, Earl Grey, Mint, Red berry)





LUNCH/ DINNER MENU

\$5 Sandwiches (all served on whole wheat pita)

-Chickpea fritter

House-made hummus, cucumber tomato salad, house-made chickpea falafel balls, pickled cucumbers, pickled carrots, pickled red onion, pickled red cabbage topped with tahini

-Egg and eggplant

House-made hummus, cucumber tomato salad, fried eggplant (not breaded), hardboiled egg, tahini

-Soy BLT

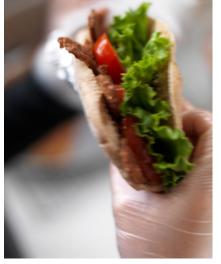
Lettuce, tomato, smoky tempeh strip (a soy product), mayonaise

-BBQ Seitan

House-made BBQ seitan (lean protein made from wheat), caramelized onions, cheddar cheese, BBQ sauce, tomato, lettuce, mayonaise

-Seasonal (varies)







- French fries with rosemary (House-cut Prince Edward Island potatoes, fried with fresh rosemary)
- 🔅 3 Soup (contact us, change daily)
- \$2 Salads (contact us, change daily and seasonally)

E.g., roasted beet, feta, mint, and pumpkin seeds

÷2 Beverages

-lced coffee

House made lemonade (contact us, changes daily)

-Hot cranberry punch

-lced tea

-Hot mulled cider

-Hot ginger honey

clover